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Some of the most productive people are...

Retired

READEX FICHE

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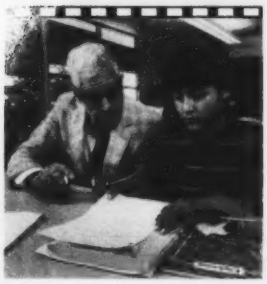
Retired professionals—executives, accountants, educators and many others—are finding opportunities for volunteer service with RSVP, the Retired Senior Volunteer Program.

Through RSVP, people aged 60 and over discover uses for their creativity, their energy and their expertise. RSVP finds volunteer placements with nonprofit organizations and public agencies in need of volunteer services. Some follow their professions, although others do not. Regardless of their interests, RSVP has opportunities for everyone.

Find out more about RSVP. Contact your local RSVP office.



George Cisneros

■ Retired Army Colonel George Cisneros, 68, started school when he was eight years old and didn't know a word of English. "Spanish was the only language spoken in our home," he explains.

Today, as an RSVP volunteer teaching English to refugee children, he's found his niche. "Only through education can you transcend your environment," he says. And, that's the message he brings to youngsters he tutors at Crockett Elementary School in San Antonio, Texas.

Working with kids is just one of Cisneros' specialties. In 1977, when a stroke left him partially paralyzed, he immediately began to restructure his life. He organized a support group for stroke victims and organized a transportation system for the handicapped in San Antonio.

It's the children, though, who have won his heart. "When I'm in the classroom with these youngsters, I reflect on my own childhood, when I too grappled with this strange language, English. This work for me has become a joy because I can so easily *relate*!"

Larry Garton

■ Larry Garton and the 25 RSVP volunteers in a special "Think Tank" project in New Jersey represent the spirit of voluntarism at its best.

Since 1982, this cadre of technical and management professionals with expertise in the areas of engineering, publishing, advertising and management help solve problems that plague nonprofit businesses in the greater Morristown, N.J., area.

"We've calculated that our 25 volunteers represent 750 to 1,000 years of collective experience," says Garton a retired research chemist. "And we offer this expertise to the community free-of-charge!"

One of their clients is Contact Tele-Ministries, an international information and resource service with 150 branch offices throughout the country. The organization needed to improve efficiency and streamline management, so "Think Tank" volunteers designed a problem-solving package for them. Over the past year, RSVP Volunteer Jack Lendell, a retired business executive, helped reorganize the agency and offered follow-up training to reinforce new management ideas.

Larry Garton points out, if Tele-Ministries had to pay Lendell for the work, they would have been unable to afford him. "Our volunteers have spent a lifetime solving problems in their professional careers," Garton explains. "Today, they continue to do just that with no financial remuneration, but with the satisfaction of a job well done!"

George Shipman

■ Former president of Livingstone College in Salisbury, N.C., and of the United Negro College Fund, George Shipman, 65, has borne great responsibility throughout his life, and has thrived on it.

When retirement approached, Shipman began searching for a new challenge and found it with RSVP. Now, as a volunteer with the Internal Revenue Service (IRS) sponsored "VITA" program, he helps seniors with their tax returns for a four-month period before the April 15 filing deadline. "It's very satisfying work," he points out. "A tax preparer can save these people tremendous amounts of money. You can't put a price tag on that service."

Shipman's volunteer assignment is clearly an extension of his service-oriented life. As president of Livingstone College, he guided a 900-member student body and staff. Later, as national president of the United Negro College Fund, he raised $50 million annually to help run 42 black colleges throughout the U.S.

Speaking of his new "career" with RSVP, Shipman says, "Now, I'm doing something I've never done before and I'll work with people my own age! It's entirely new and exciting to me. I can hardly wait for the next day to see what adventure it will bring!"

Dr. Margaret Coryell

■ Dr. Margaret Coryell spent 24 of her professional years conducting laboratory research on metabolic disorders. In retirement, she continues that work, only now as an RSVP volunteer.

Described by Augusta, Ga., RSVP Project Director Anne Huff as "quiet and unassuming," Dr. Coryell's volunteer duties include working on new research techniques, which paid staff at Gracewood Hospital in Augusta doesn't have time to pursue. "Our knowledge of metabolic diseases is limited, because the diseases are not especially common," Dr. Coryell explains. "Each day, however, research provides more clues to help unravel the puzzle."

Working closely with the Medical College of Georgia, Coryell, 72, sees her work as "a diagnostic puzzle—if you have an experiment in the works, you're apt to stay in the lab longer than 8 hours in order to complete the assignment."

Right now, she volunteers 40 hours a week over a four-day period "taking Fridays off to bowl." Since 1982, she has contributed more than 3,000 hours of free service to the hospital.

"I don't consider myself a great scientist," she says matter-of-factly. "Just a diligent one."

Frank Grasso

■ "You can't just sit back and watch things happen," says Frank Grasso, 72. "There's a lot of work that needs to be done." And Grasso is doing it. As an RSVP volunteer in Torrance, Calif., he works tirelessly on behalf of the elderly and disadvantaged.

A former recruitment supervisor for McDonnell Douglas Corp., in Los Angeles County, Grasso never thought he'd "retire" to social service volunteer work, but he has and enjoys it immensely! With the "Help Our Poor to Eat" (HOPE) project, Grasso's chief RSVP task is to collect and distribute surplus food products to senior citizens and at a shelter for homeless women. He also delivers bread to a local agency that feeds the poor.

Grasso is so committed to his volunteer duties that when he had to have a pacemaker implanted, he did it between volunteer assignments. "It's terrific; it keeps you young," he says about voluntarism. "You can't sit back and watch things happen. Lots of people just won't take the initiative." Not Frank Grasso.

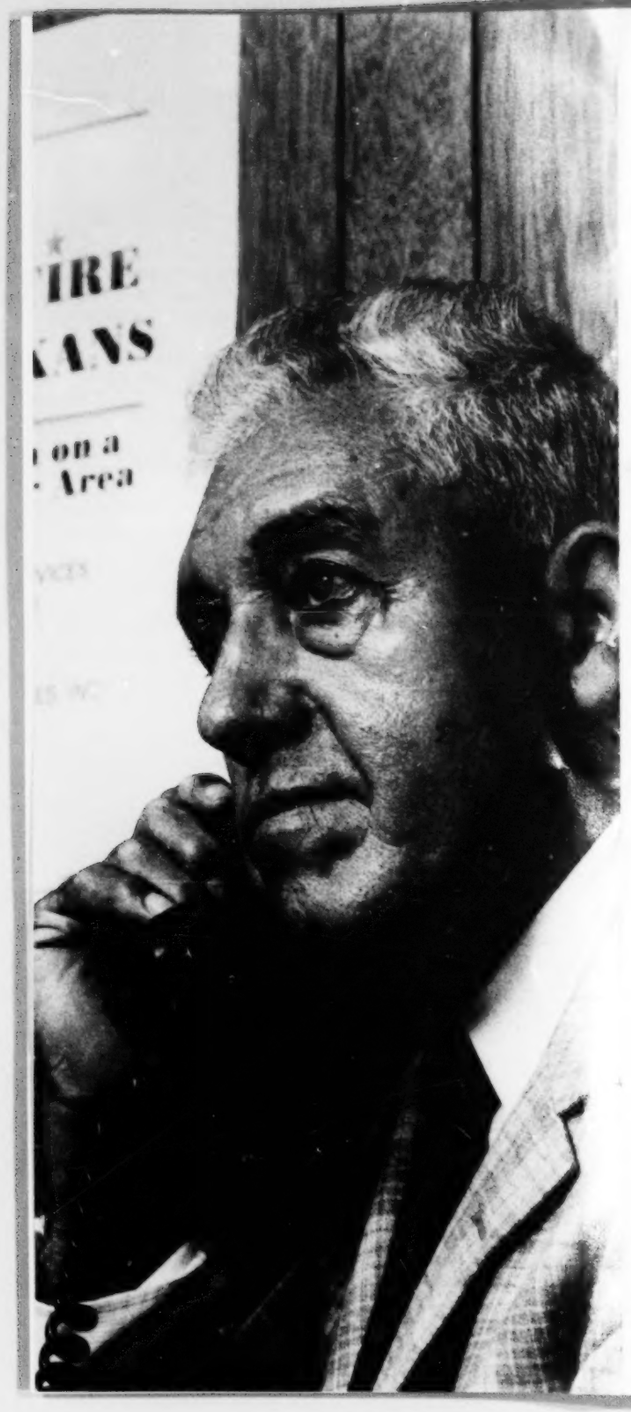
Francis Huettman

■ At the Regional Psychiatric Hospital in Northville, Mich., patients with long-standing emotional problems are making great strides in their therapy under the watchful eye of RSVP Volunteer Francis Huettman.

A retired research engineer, Huettman, 67, works in a special crafts program in the hospital. He has found that patients frequently will express deep-seated problems through an art medium, and it's the volunteer's task to observe any such changes and document them. This information often can make a difference in the patients' treatment plan and time of discharge.

For those who are about to leave the hospital setting, Huettman also is on call to help them better integrate into community life. "We're able to assist with the mundane things, such as food shopping and running a household," he points out. "But we also step in when there are more serious problems involved in the readjustment."

For some, volunteer work in a psychiatric facility may not be considered an uplifting experience, but for Huettman his work has yet to get him down. "In a year's time here, I've never been depressed over *any* situation," he says. "The patients treat me with respect and I've developed warm friendships with many of them. My philosophy in this line of work is: 'There but for the grace of God, go I!' With that in mind, I'm ready for any challenge!"



Some 300,000 RSVP volunteers throughout the United States serve through non-profit private and public community organizations.

Anyone 60 or older, retired or semi-retired, is eligible to become an RSVP volunteer, whatever level of education, experience or income. Once you've been given a volunteer assignment that suits your interests, you will receive a brief orientation from the RSVP staff, and additional instruction and supervision at your volunteer site.

Share your
skills
through

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Sharing the Experience of a Lifetime

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